



Alum Rock Youth Center

137 N. White Rd., San José 95127

Phone: (408) 251-5757

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Supervisor: Ed Solis

Email: ed.solis@sanjoseca.gov

Bus Line: 71 and 64

Types of programs: Youth programs, After School recreation, leisure classes (all ages), rentals, sports leagues, and special events.

Youth Center Programs are free to youth ages 10-17 years old.

Student Union – Open Monday-Friday 2-6pm

- College Enrichment Programs (Financial aid, college entry, and expectations)
- College Trips
- Guest Speakers and Life Skill

Computer Lab – Open Monday-Friday 2-6pm

- Tutoring
- Homework Help
- Reading Club
- Quiet Time (3-4:30pm)

Game Room – Open Monday-Friday 2-6pm

- Tournaments every other Thursday (Ping Pong, Pool, Air Hockey, and Foosball)
- Tournaments against other youth centers (Every third Tue. 5-6pm)
- Field Trips

Gym – Open gym 10am-6pm



Additional Programs offered at The Alum Rock Youth Center

- Parent Referral Resources
- Youth Intervention Referral Services
- Disability Resource
- Therapeutic Recreation Program
- Sentencing Alternatives Program

Therapeutic Recreation

- Leisure Club East
- Creative Movement & Dance Kids
- Creative Movement and Dance Teens

ARTS & CRAFTS

Ms. Jimenez Arts & Crafts

\$50

In this arts and crafts class children are encouraged to let their creative energy flow. Art and crafts are made from a variety of items: tissue paper, paper maché, and much more. All supplies are provided and student will take their creation home.

No Class 10/11

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.101	M	10/4-11/29	4-4:55pm	5-6	8	AR
289.2.102	M	10/4-11/29	5-5:55pm	7-9	8	AR

Ms. Jimenez Arts & Crafts

\$50

Children are encouraged to let their creative energy flow. Art and crafts are made from a variety of items: cardstock, beads, wire, and much more. All supplies are provided and student will take their creation home.

No Class 10/11

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.103	M	10/4-11/29	6-6:55pm	10-12	8	AR
289.2.104	M	10/4-11/29	7-7:55pm	13+	8	AR

DANCE

Ballet/Tap

\$40

This class is designed for beginning dance student to learn ballet. Students must wear hard soled shoes and loose clothing or leotard. Parents are allowed to stay for the first 10 minutes of the first day of class and for the class recital. Participants must be toilet trained.

No Class 11/26

Instructor: Dance Art Academy

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.201	T	10/5-11/23	12:30-1:30pm	3-6	8	AR
289.2.202	F	10/8-12/3	11:30am-12:30pm	3-6	8	AR
289.2.203	T	10/5-11/23	3:30-4:30pm	5-11	8	AR

Hip Hop Dance

\$40

Explore beginner and intermediate Hip Hop dance, music and culture through regular practice of various routines and dance techniques. Develop coordination skills, interpersonal skills, and overcome performance anxiety and of course have fun doing it.

Instructor: Dance Art Academy

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.204	T	10/5-11/23	5:30-6:30pm	11+	8	AR

Jazz/Hip Hop Dance \$40

Explore beginner and intermediate Hip Hop dance, music, and culture through regular practice of various routines and dance techniques. Develop coordination skills, interpersonal skills, and overcome performance anxiety and of course, have fun doing it.

No Class 11/11, 11/25

Instructor: Dance Art Academy

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.205	Th	10/7-12/9	1:30-2:30pm	3-6	8	AR

Hip Hop Dance \$40

Have you ever watched a Pop or Hip Hop video or concert and thought to yourself I would love to learn to dances like that! Well the time is here come join the "fun" and learn the latest Hip Hop dance moves with choreography by Kenyatta. In this comfortable, fun, non-competitive setting you will learn how to count music, how to perform in front of a group, also how to dance with strong movements. This class will also build self-esteem and confidence.

No Class 11/11, 11/25

Instructor: Ali

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.207	T	10/5-11/23	5-5:55pm	7-9	8	AR
289.2.208	T	10/5-11/23	6-6:55pm	10-13	8	AR
289.2.209	T	10/5-11/23	7-7:55pm	14-18	8	AR
289.2.210	Th	10/7-12/9	5-5:55pm	7-9	8	AR
289.2.211	Th	10/7-12/9	6-6:55pm	10-13	8	AR
289.2.212	Th	10/7-12/9	7-7:55pm	14-18	8	AR

MUSIC/THEATER ARTS**Song and Dance \$40**

Students will learn dance movement and sing. Students will dance to age appropriate music. Parents are allowed to stay for the first 10 minutes of the first class day and for the recital.

No Class 11/11, 11/25

Instructor: Dance Art Academy

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.206	Th	10/7-12/9	12:30-1:30pm	2-4	8	AR

SPORTS & FITNESS**Floor Gymnastics \$40**

Do you like to move? Come and learn basic gymnastics skills such as cartwheels, backbends, handstands, and more.

Instructor: Dance Art Academy

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.501	T	10/5-11/23	4:30-5:30pm	5-11	8	AR
289.2.502	T	10/5-11/23	6:30-7:30pm	11+	8	AR

Gymnastics - Parent and Tot \$40

This is a parent participation class where the parent can work with their child to stimulate development through music, games, and body awareness. Only registered participants are allowed in class.

No Class 11/26

Instructor: Dance Art Academy

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.503	T	10/5-11/23	2:30-3:30pm	1.5-3	8	AR
289.2.504	F	10/8-12/3	1:30-2:30pm	1.5-3	8	AR

Gymnastics - Tiny Tots \$40

This class is designed to teach basic gymnastics skills, including movement exploration, balance and coordination. Parents may attend 10 minutes of the first class and a performance at the last class meeting only.

No Class 11/26

Instructor: Dance Art Academy

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.505	T	10/5-11/23	1:30-2:30pm	3-6	8	AR
289.2.506	F	10/8-12/3	12:30-1:30pm	3-6	8	AR

Karate (Shotokan) \$76

Funakoshi Shotokan karate teaches traditional Japanese Karate, along with Japanese culture, philosophy, history, and language. All classes include self-defense and stress the importance of self-confidence and mental discipline. Wear loose and comfortable clothing the first day. Check with instructor for more details on clothing requirements. There is an additional fee for belt testing and certification, payable to the instructor.

No Class 11/11, 11/25

Instructor: Funakoshi

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.507	T/Th	10/5-12/2	3:30-4:25pm	5+	16	AR

Karate (Shotokan) – Intermediate \$76

This class is for students who have already studied Funakoshi Shotokan and earned the rank of yellow belt and above. Intermediate and advanced katas (forms) and tournament style kumite (sparring) are taught. There is an additional fee for belt testing and certification, payable to the instructor.

Instructor: Funakoshi

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.508	T/Th	10/5-12/2	4:30-5:25pm	5+	16	AR

SPORTS LEAGUES**Coed Soccer League \$50**

Our Soccer league is designed to make every player a winner, our pressure free environment help players to learn the game of Soccer by playing at least half the game and learning the fundamentals of the game. Each week the coaches will work on a different skill at practice. All games are held on Saturday and practice is a half an hour before their game. All games are held at the Alum Rock Youth Center. No standings are kept. Every one receives a participant trophy and end of the season pizza party. Volunteer coaches are needed, no experience needed for more information please Call (408) 251-5757 ask for Wendy or Sam. Sign-up early space is limited.

No Games 12/25, 1/1

League Name	Course#	Day	Date	Times	Ages
Alum Rock Soccer	289.2.523	Sa	12/4-1/29	TBA	3-4
Alum Rock Soccer	289.2.524	Sa	12/4-1/29	TBA	5-6
Alum Rock Soccer	289.2.525	Sa	12/4-1/29	TBA	7-8
Alum Rock Soccer	289.2.526	Sa	12/4-1/29	TBA	9-11

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SPORTS LEAGUES

Coed Basketball League \$50

Our basketball league is designed to make every player a winner, our pressure free environment help players to learn the game of basketball by playing at least half the game and learning the fundamentals of the game. Each week the coaches will work on a different skill at practice. All games are held on Saturday and practice is a half an hour before their game. All games are held at the Alum Rock Youth Center. No standings are kept. Every one receives a participant trophy and end of the season pizza party. Volunteer coaches are needed, no experience needed for more information please Call (408)251-5757 ask for Wendy or Sam. Sign-up early space is limited.

League Name	Course#	Day	Date	Times	Ages
Alum Rock Basketball	289.2.527	Sa	9/18-11/6	TBA	3-4
Alum Rock Basketball	289.2.528	Sa	9/18-11/6	TBA	5-6
Alum Rock Basketball	289.2.529	Sa	9/18-11/6	TBA	7-8
Alum Rock Basketball	289.2.530	Sa	9/18-11/6	TBA	9-11

SPECIAL EVENTS

Kid's Night Out \$20

Come and join us for a night of fun. We will be doing Winter time crafts, playing games, and having snacks. Each additional child is \$15, up to three children.

Course #	Day	Date	Time	Age	Mtg.	Loc.
298.2.800	F	10/1	6pm-12am	5-12	8	AR
298.2.801	F	11/5	6pm-12am	5-12	8	AR
298.2.802	F	12/3	6pm-12am	5-12	8	AR
298.2.803	F	12/17	6pm-12am	5-12	8	AR

September: Indoor Flag Football League

October: Halloween Dance

November: Thanksgiving Dinner/Turkey Shoot

December: Family Giving Tree and Winter Dance

"Si necesita asistencia para traducir el Guía de Actividades del Departamento de Parques Recreación y Servicios a la Comunidad de la Ciudad de San José, por favor comuníquese con la línea de información de la Ciudad de San José al (408) 277-4000."

ADULT CLASSES

Aerobics \$30

Work at your own pace to a high-energy format. In class, you will get your overall workout with emphasis on toning muscle, gaining strength, and increasing flexibility, while improving cardiovascular level. Total fitness put to music. No children allowed in class. Please bring a floor mat or towel.

No Class 11/27

Instructor: Wright

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.701	Sa	10/9-12/4	9-10am	18+	8	AR

Cake Décor \$40

Learn fun and easy cake decorating basics. Work with icing: how to make it, color it, prep it, and decorate with it. A supply list will provided when the participant sign -up.

No Class 10/11

Instructor: Liu

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.703	M	10/4-11/29	9:30-10:25am	18+	8	AR

Experimental Drawing \$50

This class will develop your creative decisions through multi-faceted drawing projects. In this course, different approaches to drawing will be explored in order to initiate creative process, generate and evaluate ideas, and help define and examine personal limitations. Instead of structured assignments, a student must encounter the problems and uncertainties, as well as the pleasures of a working artist. This class will introduce the conceptual aspect of art making as well as practical aspect. Emphasis is geared towards developing and recognizing our own personal idiosyncrasies and instincts by taking risks beyond our normal boundaries. A supply list will provided when the participant sign-up.

No Class 11/26

Instructor: Miki

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.708	F	10/8-12/3	10am-1pm	18+	8	AR

Flower Arrangement \$40

Fun and easy floral creations using vases, baskets, thread, and more. Each day students will make something new and take them home. A supply list will provided when the participant sign -up.

No Class 10/11

Instructor: Liu

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.709	M	10/4-11/29	11-11:55am	18+	8	AR

Oil Painting – Beginning/Intermediate \$50

This class is an introduction to technical aspects of oil painting. To begin a painting, one needs to understand the medium itself. Manipulation of the medium is then required to carry out the expression. We will begin with projects that focus on practical concerns of "optical perception", meaning skills and techniques. Later, we will attempt to practice use of color by using landscapes as a subject matter. A supply list will provided when the participant sign-up.

Instructor: Miki

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.702	W	10/6-11/24	10am-1pm	18+	8	AR



Cardio Tai-Chi \$70

Learn the art of Tai Chi while strengthening your cardio-vascular system. This course teaches seven to ten traditional tai-chi movements which exercise every major muscle group in a low impact aerobic workout. Work at your own pace. Movements are performed in the more common slow tai-chi manner during cool down. Students also learn preliminary drills for self-defense applications.

No Class 11/11, 11/25

Instructor: Roman

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.705	Th	10/7-12/9	10-11am	18+	8	AR

Self Defense for Women \$70

This course covers mental, physical, and other related aspects of self-defense. It teaches you how to avoid being a victim, methods of becoming fit and capable of self defense in a broader sense. All levels are welcome. The techniques are simple, effective and designed especially for women.

No Class 11/27

Instructor: Dr. Weng

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.710	Sa	10/9-12/4	12-2pm	16+	8	AR

Stretching \$30

One of the easiest and most effective ways to maintain flexibility and prevent injury is to stretch. Learn strengthening exercises for abdominal and back muscles. All fitness levels can enjoy this safe and effective class.

No Class 11/27

Instructor: Wright

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.711	Sa	10/9-12/4	11:30am-12:30pm	18+	8	AR

Step and Body Sculpturing \$30

In this class, you will enjoy a combination of step aerobics and muscle toning activities. Both men and women can benefit from the program that helps to make men more "buffed" and women more shapely while becoming more fit. Work at your own level from easy to advanced. Student must bring their own step.

Instructor: Wright

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.712	Sa	10/9-12/4	10:15-11:15am	18+	8	AR

Tai-Chi – Introductory \$70

Tai Chi is an ancient movement art for maintaining physical well being as well as promoting peace of mind. The class teaches a series of movements and related exercises that improve balance, flexibility, and coordination while promoting relaxation and providing an introduction to Taoist philosophy. The class also gives students the flexibility to work at their own pace, and choose movements and exercises that best meet their needs: be their overall fitness, stress reduction, or introduction to Tai-Chi principles.

Instructor: Dr. Weng

Course #	Day	Date	Time	Age	Mtg.	Loc.
289.2.707	Sa	10/9-12/4	10-12pm	16+	8	AR

Don't Miss Out!

Register early because a class may be cancelled if it does not meet the minimum enrollment.

THERAPEUTIC RECREATION

Leisure Club East \$38

This club is a leisure education program designed to develop leisure awareness interests and social skills for individuals with developmental disabilities. Individuals must be able to understand simple directions and require minimal supervision. Snacks will be provided.

Course#	Day	Date	Time	Age	Mtg.	Loc.
263.2.808	T	9/21-11/9	7-8:30pm	18+	8	ARYC

Note: New Location

Creative Movement & Dance Kids \$45

A fun movement class that develops coordination, attention span and gross motor movement skills for children with disabilities.

Instructor: Palmer

Course#	Day	Date	Time	Age	Mtg.	Loc.
263.2.805	Th	9/16-11/4	7:15-8pm	5-12	8	AR

Creative Movement & Dance Teens \$45

A fun movement class that develops coordination, attention span and gross motor movement skills for Teens with disabilities.

Instructor: Palmer

Course#	Day	Date	Time	Age	Mtg.	Loc.
263.2.806	Th	9/16-11/4	8:15-9pm	13-18	8	AR

Like to Skate?

The Roosevelt Roller Hockey Rink is sponsored by the City of San José-Parks, Recreation and Neighborhood Services Department. Seasonal roller hockey programs are available for boys and girls ages 6-17, and adult leagues for ages 18+. For more information please call the rink at 408-286-0195.



Roosevelt Roller Hockey Rink
199 N. 21st Street • San José, CA 95116